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Cause
Cure and
Prevention
of Disease

CHESTER LEVERE

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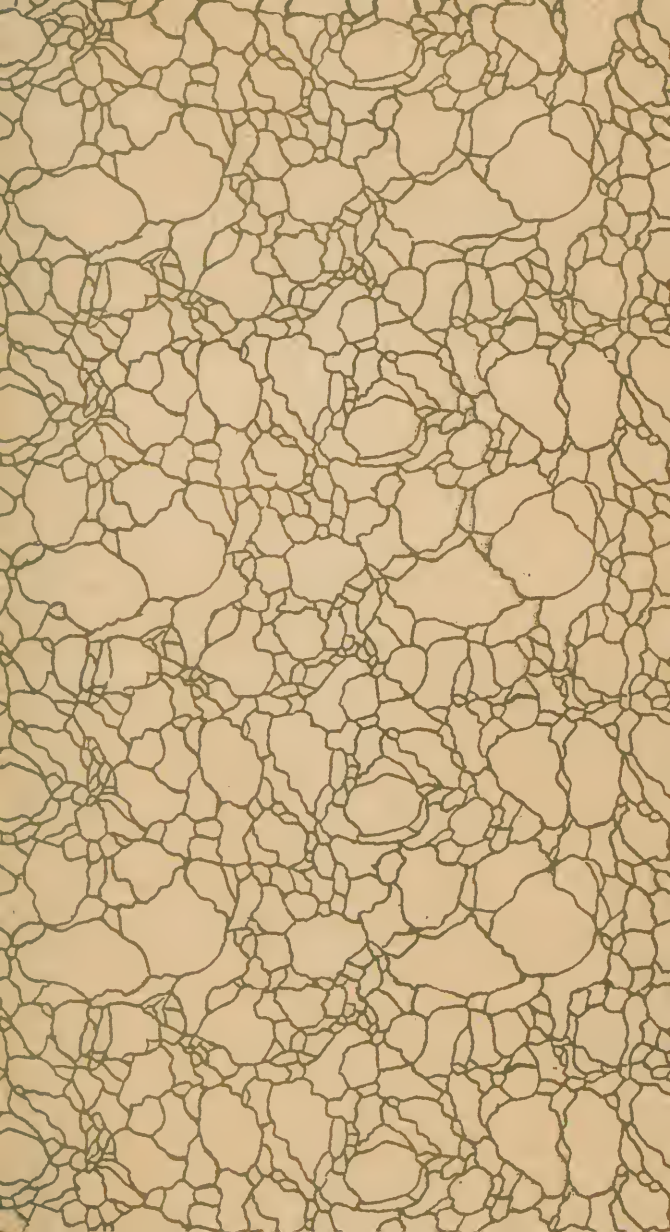
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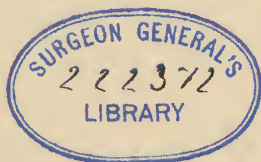




Chester Levere

CAUSE CURE AND PREVENTION OF DISEASE

BY
✓
CHESTER LEVERE



PUBLISHED BY
THE AUTHOR
EVANSTON, ILLINOIS
1915

WB

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TO
TERESA LEVERE

MY WIFE,
FRIEND AND
COMPANION

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PREFACE

MY only object in the writing of this book is to tell what I know to be the truth. I have endeavored to make my criticism independent of my prejudices, understanding as I do that prejudice never knows the value of a fact. While my criticism of the medical profession, and of all those engaged in the treatment of disease, may seem somewhat severe, yet I have said nothing that I have not myself verified. Here it may be well to state that in the medical profession there are many noble and useful men, whose genius and skill in surgery are only surpassed by their honest ambition to accomplish good.

It has been my intention for some time to write a book which,

from my personal experience, I knew would be of great importance and benefit to the human race. Yet I know that upon this subject of disease much glistening eloquence has been squandered in the hope of personal gain.

I have tried to avoid using technical language and difficult scientific terms. I have tried to state, not far-fetched theories, but plain facts, in the hope of benefiting all who will read, think and understand. I am inspired by the fact that many diseases can be prevented, and that about ninety per cent of them can be cured; that diseased bodies can be made healthy, and that weakened hearts can be made strong.

I trust that you will read this book with fairness and consideration, and if I have written anything that will increase human health I shall have the satisfaction of know-

ing that I have at least contributed
my share to the happiness of hu-
man kind.

CHESTER LEVERE.

THE CELLS OF THE HUMAN BODY

TO understand the real cause of disease, it is necessary to know something about the growth and decay of cells. All forms of organized life are made up of cells. It is through my knowledge of cell reconstruction that I am able to strengthen and lengthen human life. I have made a very thorough and exhaustive study of all the processes that are injurious to, and of all the processes that are beneficial to, these cells.

The cells, which are the constructing material of the human body, are constantly dying and giving place to new ones. When the process of reconstruction ceases,

then decay sets in and, eventually, death.

These cells are rebuilt by proper digestion. Improper digestion destroys them.

THE REAL CAUSE OF DISEASE

THE cause of nearly all the diseases which practitioners are vainly trying to cure by operations are brought about by intestinal ailments, indigestion and constipation. These ailments bring about a decomposition of the food materials which creates poisonous gases and acids. These are absorbed, and taken in by the system through a process of assimilation and are distributed throughout the body. The consequence is a decay of the glands, and other organs, with the sequel of acute and chronic ailments.

Does it not stand to reason that after the affected part has been removed by an operation that the

same intestinal cause is still operating and will carry on its fearful work of destruction to some other gland or organ?

The grand key to the cure of disease, then, is to be found in the answer to the question: How are the intestinal ailments to be cured?

So far as I know, I am the only one who has discovered the true answer to this question. There are few cases of intestinal ailments, even when they are in an extremely chronic state, that I have not been able to cure. I do not merely "treat" human ailments. I practice the cure of human ailments. During the four years that I have practiced in Evanston, I was able to get only extremely chronic cases. This was owing to the fact that I was in no way connected with the medical profession. The result was that I got as patients only those whose

cases were so critically acute, that after other methods had failed to cure them, they despairingly came to me as "the last chance." For years I have cured, with very few exceptions, people thus afflicted who came to me. They were not merely "benefited" or "helped," they were cured.

Now, fully ninety per cent of all the acute and chronic diseases that I have come in contact with have but one of two causes for their existence. In one case out of every twenty, the cause has been in the stomach; and in nineteen cases out of every twenty, the cause has been in the intestines. These are the two prime sources of disease and the fountain head of all subsidiary ailments.

One would imagine, in view of the above facts, that I would be turning away from my door every

day thousands of people. And yet, this is not so. Owing to our unscientific method of the education of childhood, people prefer to believe the old instead of investigating the new. Investigation means mental effort. The majority find that intellectual effort is irksome. Their minds are so deadened by the tyranny of false ideas that should lie buried with the brains, now dust, that gave them birth, that they are incapable of independent thought. They do not recognize that every new truth in almost every department of science was, at its birth, in a minority of one.

Many of my cures have been so marvelous that when my completely healed patients gratefully told of them to their sick friends, they were met with smiles of incredulity. Some, however, ventured to visit me and were per-

suaded to try my method for a week. I always told such that if, at the end of a week, they experienced no great change for the better, they could terminate their trial of my method and I would make no charge whatever. In this way I have obtained many patients. In nearly every case the patient was satisfied, stayed on, and was cured. My method is no mere untried theory. Its efficacy is a demonstrated fact. Its success is proven by scores of despairing victims of acute and chronic disease who have been snatched from the very verge of the grave and who are now enjoying robust health. I fearlessly challenge its investigation. If trial proves it to be all that I claim for it, then it heralds a new and brighter era for the victims of disease. If, on the other hand, trial shows my claims for my method to

be worthless, then it should be flung into the limbo of exploded superstitions.

*MISTREATMENT OF SIMPLE
AILMENTS OFTEN IN-
TENSIFIES CHRONIC
DISEASE*

THE method of treating, or rather mistreating, simple ailments results in an abnormal amount of chronic and acute diseases. A very large number of chronic diseases are indirectly brought about by the improper treatment of simple ailments.

A simple ailment, either inherited or acquired, often results in a serious sickness, because no effective attempt is made to build up and strengthen the weakened system which, in the first instance, caused the ailment.

OTHER CAUSES OF DISEASE

BODILY organs may, or may not, be inherently diseased. That which makes the weakened organs susceptible to disease germs is their very weakness, due to the lack of proper nourishment and sustenance. In a healthy body it is absolutely impossible for disease germs to thrive. There must, therefore, be some cause for their being able to thrive. Eliminate the cause and the disease is bound to vanish. Why? Because conditions have been created in the body in which disease germs cannot survive. Where there is a natural supply of rich, red blood there is necessarily a large number of white corpuscles in it. These scavengers of nature in the body are there in

sufficient numbers to instantaneously destroy any disease germs that may find their way into the body. Whenever the blood supply is healthy and well nourished, there is always a huge standing army of white corpuscles guarding the body against any possible invasion by disease germs.

Why do parts of the organism become the prey of these disease germs? In the vast majority of cases the main cause is to be found in an improper and insufficient supply of healthy food. The blood is nourished by the stomach and intestines which digest and absorb the food. Poor blood, therefore, is primarily caused by bad digestion or by a lack of proper material for digestion.

From various causes, unnatural fermentation and unnatural chemical action take place. As a result, poisonous materials and gases are

produced in the stomach and bowels, which are absorbed into the blood. This hinders the absorption of the proper food materials. Thus, it will be seen, the necessary healthy food material is not carried to the various parts of the body to nourish them. Instead of this, poisonous and half digested materials are assimilated which produce unhealthy conditions.

A chronic disease of any part of the organism is the result of these unhealthy conditions—conditions which have been operating in the organism for some length of time. These chronic diseases usually have simple beginnings which result in very serious complications. An acute disease, such as a fever, for example, would be impossible, were it not that a condition favorable for its rapid development has been unnaturally developed in the body. These simple ailments, therefore,

which are frequently the forerunners of acute and chronic disease, should be treated with great care and much understanding, to avoid possible dangerous developments later on.

Who can estimate the vast amount of time and energy and wealth that has been spent upon medical experimentation in the attempt to cure and prevent disease? And yet in this twentieth century—the century of scientific knowledge and scientific discovery—medical science stands almost helpless before the steadily rising tide of physical unfitness in our semi-civilization.

The chief cause of human disease is to be found in our unjust economic conditions which make it an impossibility for a very large percentage of the population to obtain enough of the bare necessities of life.

Next, the treatment of disease is one of the most profitable professions. Common sense ought to tell us that very many of those who are professionally engaged in the treatment of disease are not so much interested in health as they are in sickness. This may in a great measure account for the continued prevalence of disease.

Further, we have writers who are telling the public in books and periodicals how to get well and how to keep well—writers who are either deliberately misleading their readers or misleading themselves. I have carefully read the great majority of these writers and have observed that they condemn nearly all of the real health-giving foods and recommend so-called “health foods” which physically wreck all who take them.

*THE CAUSES, AND NOT THE
MERE EFFECTS, OF DIS-
EASE, SHOULD BE
TREATED*

IF the treatment of disease is to be successful, it should not rest content simply with fighting the disease germs or treating the affected part alone. A truly scientific method of treatment should begin by dealing with the whole system that made the weakness possible, and with the affected part which is susceptible to disease.

When a person has an ailment its presence is heralded by a symptom, perhaps a pain somewhere, or loss of appetite, or nervous trouble, or constipation, or, as the patent medicine advertisements put it, "a general tired feeling, inability to sleep,

etc." Now, these symptoms should be regarded merely as effects. They ought not to be treated as causes. If one has a headache, for instance, the essential thing to do is to find out its cause. If our ailments are traced to their real cause, it will be discovered that the vast majority are brought about through improper digestion, absorption, assimilation and excretion.

The pain—which is the symptom that something is wrong with the system—may be relieved; but the cause may still remain. In the treatment of disease, practitioners, as a rule, deal only with these symptoms. This is, really, a mis-treatment of disease. Remove the cause of the symptom and it is bound to vanish. Not only will the symptoms vanish, but what, of course, is of supreme importance, the disease, too, vanishes.

When medicines are taken for

the cure of headaches, inability to sleep, loss of appetite, nervous disorders, etc., the symptom, for a time, may disappear. But the root cause still remains. And, what is generally not recognized, the very medicine will produce additional disease.

THE IMPORTANCE OF RICH BLOOD

A STRONG body, through whose veins rich blood freely flows, is the only impregnable defence against disease germs. If, then, we desire to survive in the struggle for life, we must develop our physical strength and enrich our blood.

Germs existed ages before man discovered them; but, all the while, the human system was armed with white corpuscles in the blood—those wonderful battalions of nature's germ destroyers.

By far the greater proportion of diseases are not primarily caused by germs. Most of our diseases are brought about by a weakness of the

organism—a condition which permits the germs to get in and have full play in their mischievous work. The chief cause of disease, then, is not germs but poor blood. Poor blood means a shortage in the fighting army of white corpuscles, or a weakness in the red corpuscles which serve as carriers of food material and oxygen to the different parts of the body. The consequence of this is inability to build up a strong and healthy constitution that can successfully resist the everywhere-present disease germs.

Weakness of the cells and tissues of the body is produced by a lack of blood to purify them and to build them up. This creates favorable conditions for the culture and spread of disease germs.

The germs, then, obviously cannot be the prime cause of diseases. If the system had not been weak-

ened already by a poor blood supply the germs would have had no chance to find a suitable dwelling place.

DISEASE GERMS

THE theory that disease germs must be annihilated in order that we may keep well is a dangerous superstition. Disease germs are everywhere. Only infinite power, coupled with infinite wisdom, would be able to exterminate them all.

Suppose that it were really possible to instantaneously destroy the harmful germs in a patient without injuring him any more than he was already injured when the germ destroyer was administered to him. Is it not evident that it would only be a short time before fresh germs would invade, and take possession of, his weak and defenseless frame?

What made it possible for the germs, in the first place, to make

a home in his body? Its weakened condition, of course. If the body has not been made strong and healthy, it is still susceptible to further attacks by the army of germs. There is but one way by which the body can be rendered immune from assault by germs—that one way is to build up its strength.

PUBLIC DRINKING CUPS

ANOTHER baseless notion is that diseases are contracted through public drinking cups. On this account, the drinking cups have been abolished. For every person, already diseased, who might be thus inoculated by this healthy public convenience, thousands have been, and are, suffering through this deprivation.

THE EVIL OF DRUGS

THROUGH the ignorance of some doctors and their patients, drugs are often taken to give an ailment temporary relief. But is it not perfectly evident that if the digestive organs are not supplying proper nourishment to the blood, and if the organs are not being rebuilt and strengthened, that no permanent cure can possibly be effected?

And it ought to be equally plain that if the blood is not being properly nourished, the introduction into the body of poisonous drugs—more foreign material—further interferes with the normal working of the organs of digestion. Much food may be eaten, and the patient may imagine that he is “getting

well;" but owing to the presence of the foreign matter and the drugs, the food is not properly digested and so no permanent benefit is effected in the system.

WHAT TO EAT AND WHEN TO EAT

WHAT is the best kind of food to eat? There are few questions about which more has been said and less is really known. For many years I was a believer in many of the food fads. My own lengthy experience, added to the experience of many others, has taught me that all the current and widely advertised systems of fasting and dieting are slow and miserable methods of suicide. I have frequently observed that those who practice the accepted theories of dieting are always sickly looking; whilst those who wonder why anyone should ever have occasion to diet himself always appear healthy.

This observation caused me to

start experimenting with food material in order to find out their effect upon the human body. After eleven years of constant experimentation, I was able to make any dyspeptic eat a hearty meal of the most indigestible foods with absolutely no ill effects whatever. And now, after sixteen years of this experimentation, I am able to bring about a perfect digestion of the food, and also its absorption and assimilation. After a very sick patient has eaten the food which I prescribe, within an hour or two, the food is not only digested but becomes very active in reconstructing any diseased part of the body.

It is impossible to overestimate the importance of a good breakfast. I usually begin my method with a chronic dyspeptic by giving him a heavy breakfast. This breakfast consists of oranges (or grape-fruit), steak, country sausage, ham, hard-

fried eggs, potatoes (which are one of the most nourishing of food stuffs), bread (or hot biscuits), wheat cakes with maple syrup, doughnuts, and from one to three glasses of water. I have sometimes been amused when my patient has expressed the wish—sometimes half seriously—to make his will before finishing the meal. It is sometimes difficult to persuade my patient to go ahead with the first meal. But of the hundreds of patients I have had under my care not one has ever complained of experiencing the slightest distress after eating this meal. Three hours after the meal, every particle of this apparently indigestible food is thoroughly digested and assimilated without the least discomfort. My patient is then ready for a hearty dinner of ham hocks and cabbage or whatever may be on my menu.

How much to eat is determined largely by the capacity of healthy individuals. Of course, some judgment must be exercised; but a healthy, natural appetite is much better than judgment.

When to eat, however, is a matter which does call for the use of judgment. We live in an age in which strength of body and of brain is essential to survival in commercial competition. How to reach efficiency in physique and mind, therefore, is knowledge indispensable to those desirous of survival in the struggle.

Owing to the late hours which are kept by a large portion of our population; and owing to the hustle and hurry which prevail in the attempt to get an early start in the strife for existence, breakfast—the most important meal of all—is generally—very generally—neglected.

In the morning the stomach is

empty. In the life of the average man and woman, a good deal of time elapses after breakfast before the start of the day's work. If a hearty breakfast is eaten, a number of advantages will accrue. There will be plenty of room for it and there will be plenty of digestive fluid to properly digest the meal. And further; the food in the stomach will have some time to get well started on its way into the intestines. The digestion and the absorption have thus a fair chance to make great progress before the blood supply and nervous energy are demanded by the brain and body for the day's work.

The process of digestion needs much blood supply and much nervous energy. It is clear, then, that the proper time to take a large quantity of nourishment and energy—in the form of food material—

for storage in the stomach is at breakfast.

If an excellent breakfast is eaten, one will not experience much hunger at noon and so a light lunch is all that need be taken. In the middle of the day, when, as a rule, time is limited and of value, the lightest meal of the day should be eaten. The stomach is not burdened with a heavy meal. Consequently, when one's work is resumed, the nervous energy and blood supply needed by the brain and other parts of the system, are not being drawn upon for aiding the digestion of a heavy meal. The feeling of lethargy after a heavy lunch is the result of the blood supply and the nervous energy endeavoring to act upon the involuntary muscles of the digestive organs. By eating a heavy morning meal it is evident that at noonday one needs only a light lunch.

The most logical time to take the next heavy meal of the day is in the evening. Then the digestive organs have an hour or two to perform their functions properly and naturally, without interference.

By eating at the proper times, one aids in bringing about perfect digestion, absorption, assimilation and excretion—functions which, when healthily performed, prolong and intensify life.

INDIGESTION

IN dealing with the subject of indigestion, I ought, first, to indicate what I mean by it. It is possible for a person to have indigestion of the bowels for from five to fifteen years and never know it. The ailment may continue by placing into the system undigested albumen and decomposed food material, which have to be filtered by the action of the kidneys, in order to be excreted from the body. This unnatural process may continue until, at last, the kidneys, in their efforts to filter the poisonous substance from the blood, become themselves granulated and permanently ruined.

For years a patient may have his kidneys doctored for some trouble

in connection with them which is but an effect of a general cause. And all the time he is being treated for the effect he is in total ignorance of the cause.

Now, before this poisonous matter gets into the entire system, after leaving the bowels (through the process of absorption), it has first to be filtered through the liver. Obviously, in many cases this affects the liver so that it becomes diseased. The effect alone—the diseased liver—may be treated whilst the real cause is left absolutely untouched. In time, other organs are affected and also become diseased; and the intestines, which are the root cause of the ailments, are left alone to decay. And all this is permitted to go under the treatment of some physician whose mistakes are too often buried.

A wide and varied experience in the treatment of disease has taught

me much of the many forms of ailments to which the digestive organs are susceptible. Hereunder I specify some of them:

(1) A person may have indigestion with a lack of appetite.

(2) A person, also, may suffer from indigestion and have a craving to eat every hour or two—on each occasion having a big appetite and yet suffering after each meal.

(3) Another form of indigestion is one that creates a poison which is absorbed and assimilated by the whole system. This causes an inflammation of the nerve cells making the victim exceedingly nervous and sometimes causing sleeplessness.

(4) A further form of indigestion, originating in the stomach or bowels, is headache. It is very common for some persons to take medicine for a headache. This mischievous practice brings on other

ailments, which, in a few years, prove far more injurious than the headache. Nor do the headaches disappear—they are more frequent.

(5) Yet another kind of stomach indigestion is catarrh of the head, nose or throat.

(6) Stomach indigestion, also, is the cause of adenoids and of the decay of the tonsils.

(7) Again, there is a form of indigestion which affects the nerve cells of the eyes, resulting in poor vision, and sometimes causing severe pains above the temples.

(8) Then, there is another form of indigestion which creates in the system a poison affecting the nerve cells and brain cells, causing insanity.

(9) Further, there is a form of indigestion which brings on epileptic fits.

(10) Another kind of indigestion is directly responsible for tuberculosis. If the time and energy

and wealth which are squandered in the attempt to discover a serum that will destroy the tubercular germ were devoted to the study and cure of intestinal ailments, not only would the demon of tuberculosis be forever conquered, but almost all the other diseases that have baffled the mind of man would be as effectively vanquished.

(11) A sudden nervous shock, intense fear, or worry, will also cause indigestion, as they bring about a contraction of the nerves and the muscles. Pleasing experiences, congenial companionship, sympathy and kindness, have a wonderful effect in improving the body as well as the mind. Extravagance in kindness is the highest and wisest form of economy.

The causes of indigestion are improper eating; improper mixture of foods; improper intervals between meals; and improper qualities and quantities of food.

TIME THAT SHOULD ELAPSE BETWEEN MEALS

A MOST important question—one that is too often disregarded—is: What time should elapse between the taking of meals? A meal should not be eaten for from four and a half to six hours after the previous meal. Not a morsel of food should pass the lips between meals. A light meal, even a bite of food of any kind, starts the flow of digestive fluids and empties the glands. The saliva, gastric juices and the other digestive fluids, are employed on the light meal. If, in a short time, a heavy meal is taken, there is then not a sufficient supply of the necessary digestive juices to act properly and thoroughly upon the food. A

light meal eaten shortly after, or before, the regular meals interferes very seriously with the digestion. Women who indulge in afternoon teas and light lunches between meals; and men also who take a light lunch between meals; thereby interfere with the healthy working of their digestive organs, and will thus, in time, bring about their ruin.

Chewing gum is also a mischievous practice. When chewed before eating it empties the saliva glands. If it is chewed after eating, it puts too much saliva into the stomach. Of course, those who advertise the gum state that it is very useful as an aid to digestion. Those who buy it forget that it is very useful in bringing profits to the manufacturer. Chewing gum, however, like eating between meals, will inevitably destroy one's power of digestion.

WATER: ITS USE AND ABUSE

THE three materials which are essential to health and the perpetuation of human life are: water, food and air—all of the proper kind.

Water, when in its perfectly natural state, is a most wonderful life-giving material.

In many of our modern cities, water is filtered, or distilled, or boiled, or doctored by injurious chemicals—such as alum or hypochloride of lime. This terribly unhealthy practice has done more to injure the public health than any other practice that has originated in the pseudo-scientific brain of the present-day practitioner.

The life-giving and cell-building

substance of the water is in its animal life. No one can drink filtered or boiled water, or water that has been adulterated with alum or hypochloride of lime, for any length of time, without suffering injury to his organism and health. This harmful practice of tampering with water in its natural condition is based upon the notion that water carries disease germs. But water which is in constant motion has the power to purify itself in a very short time, even after sewerage materials have been thrown into it.

If it were true that the mischievous practice of putting hypochloride of lime, etc., into the water would destroy its disease germs, that would not destroy disease. We cannot kill the germs in the water without at the same time killing the life substance in the water, any more than we can kill disease germs in a man by any medical

process without at the same time killing the man.

It is impossible to overestimate the importance of obtaining the right kind of drinking water. An experience of over twenty-six years has taught me that well water, or spring water of any kind, is not the life-giving and life-making water. The best kind of water in the world for drinking purposes is that which is constantly exposed to the sun and is in constant motion. I know of no better water for drinking than that of Lake Michigan, when it is unfiltered and undoc-tored. For quite a period, credit should be given to the water of Lake Michigan for making Chicago the healthiest large city on the planet.

When I came to Evanston, four years ago, the practice of placing hypochloride of lime into the water had not been started in that city.

Most unfortunately, however, the practice commenced about three years ago. How I sympathized with those who, mainly through poverty, were compelled to drink this health destroying fluid! For a while, I obtained my water, at great inconvenience, from Chicago. Alas! I soon learned that the fatal hypochloride of lime was being put into Chicago's water, too.

The medical theory is that the chemical destroys the typhoid germs in the water. That, no doubt, is true. But who stops to consider that it may be as fatal in time to those who are compelled to drink it?

HOW TO CURE A COLD

THE best and surest method of curing a cold is, as soon as you discover that you have one, to stop eating. Just when you are retiring at night, drink six glasses of hot (but not boiled) water. If the cold has not disappeared by the next morning, then drink a glass of hot water every half-hour continuously until evening. By that time the cold should be gone. You will then have an excellent appetite for your dinner, and next morning you will feel no symptoms of the cold. I have never yet known this method to fail.

A fever also can be cured in the same way. Of course, if the fever is very high, the cure will take longer.

In following this method one need have no fear of drinking too much hot water.

I know of no cure for a cold or a fever which can surpass this in its efficacy.

I need hardly add that in using this cure no drugs of any kind should be taken.

MY WEEKLY MENU

IN answer to the question: What are the best foods to eat? I cannot do better than submit a weekly menu of the meals which I prescribe for, and give to, my patients. This menu is a list of the foods which experience has demonstrated to me as being the most effective in the making of blood, the reconstruction of cells, and the restoring to perfect health of the diseased and dying tissues of the body:

BREAKFAST

Monday

- ✓ Oranges.
- ✓ Pork chops. Hard fried eggs.
- Corned beef hash or meat balls.
- Creamed potatoes.
- Bread and butter.
- Doughnuts.
- Hot cakes (with plenty of butter and maple syrup).

Tuesday

- Grape-fruit.
- Steak.
- Bacon.
- Sausage.
- Hard fried eggs.
- Baked potatoes.
- Hot muffins.
- Doughnuts.
- Stewed fruit (or jam).

Wednesday

Oranges.

Lamb chops.

Ham.

Sausage.

Hard fried eggs.

Fried potatoes.

Corn bread.

Doughnuts.

Waffles and maple syrup.

Thursday

Grape-fruit.

Pork chops.

Corn beef hash or meat balls.

Hard fried eggs.

Creamed potatoes.

Hot biscuits.

Doughnuts.

Stewed fruit (or jam).

Friday

Oranges.

Steak.

Bacon.

Sausage.

Hard fried eggs.

Baked potatoes.

Doughnuts.

Hot cakes and maple syrup.

Saturday

Grape-fruit.

Lamb chops.

Ham.

Sausage.

Hard fried eggs.

Fried potatoes.

Pop-overs.

Doughnuts.

Stewed fruit (or jam).

Sunday

Oranges.

Steak.

Bacon.

Sausage.

Hard fried eggs.

Baked potatoes.

Egg plant.

Doughnuts.

Waffles and maple syrup.

DINNER

Monday

Pot roast.

Boiled potatoes.

String beans.

Lettuce and tomato salad.

Celery.

Spanish or fresh onions.

Bread and butter.

Cherry pie.

Cheese.

Tuesday

Spareribs and sauerkraut.

Boiled potatoes.

Celery.

Bread and butter.

Pumpkin pie.

Cake.

Wednesday

Roast pork.
Apple sauce.
Mashed potatoes.
Boiled onions.
Celery.
Bread and butter.
Sweet potatoes.
Lemon pie.

Thursday

Roast lamb.
Roast potatoes.
Spinach.
Egg salad.
Bread and butter.
Pickled peaches (or jelly).
Baked beans.
Custard pie with whipped cream.

Friday

Corned beef and cabbage.

Boiled potatoes.

Dill pickles.

Celery.

Bread and butter.

Apple pie with whipped cream.

Cheese.

Saturday

French stew.

Sweet pickles.

Celery.

Bread and butter.

Grape pie.

Cheese.

Sunday

Roast chicken and dressing.

Mashed potatoes.

Pineapple salad.

Rice or wild rice (boiled).

Mashed hubbard squash.

Celery.

Cranberry sauce.

Blueberry pie.

*N. B.—ALL the foods mentioned
for each meal should be eaten.*

Now, I wish it to be clearly understood that the foods which I prescribe are not a cure for any form of indigestion or disease. Those who are suffering from ailments would be misled if they followed this menu in the belief that they were being cured.

I am able to cure the great majority of diseases because I have dis-

covered a method of digesting foods without the aid of drugs or medicine of any kind.

I am able to literally rebuild the affected and decaying parts of the body by reconstructing the cells and tissues and so reconstruct the organs that they can healthily perform their natural functions.

Now, it is true that the foods which I recommend are expensive. One of the tragedies of modern civilization is that only a very small percentage of the population of this country can afford to buy the foods that are absolutely necessary to give health—that health which brings in its train strength, activity and courage.

But it does not follow that those who can afford the necessary foods are healthier than those who cannot. The rich are not healthy. Their children, from the time of their birth, are often placed under

the care of practitioners who, although they have devoted many years to the study of disease, in some cases, know less about health than a country child. The children of the rich are usually given filtered water to drink; their milk is pasteurized; their food brings on constipation; and constipation brings about the demand for laxatives and the help of a medical man. Their ailments become more frequent and at the age of sixteen or seventeen, the majority of them are far from perfect health. They cannot be compared with the children of the poor, who have the advantage of a country life.

WHITE BREAD AND POTATOES

ONE of the most irrational notions which has been imposed upon the people is that injurious effects to the system are caused by the eating of white bread and potatoes. This notion is based upon the false idea that white bread and potatoes, owing to their large amount of starch, create gas in the stomach.

This idea is, to me, almost too absurd for refutation. White bread and potatoes are two of the finest foods of which I know. They are on my table at every meal. I have cured scores and scores of patients who have suffered for many years from gastritis; and others who have suffered from gas in their

blood—commonly called high blood pressure—hardening of the arteries, etc. They have all been permanently cured and during treatment ate large quantities of white bread and potatoes. An ounce of fact, after all, is worth a ton of theory.

HOW SOME PRACTITIONERS "TREAT" THEIR PATIENTS

WHEN a person who is troubled with an ailment goes to a practitioner, as a rule, he is, at first, given some medicine. He keeps on taking the medicine until his digestive organs are weakened. This results in more sickness, and the taking of more medicine. At last, he is generally told that something is wrong with his stomach. A diet is prescribed him which does more harm to his health even than the medicine. He tells his practitioner that certain foods disagree with him. The practitioner advises him to refrain from eating them. At last, the unlucky patient reaches the point when there is nothing he can eat that does agree with him.

VIVISECTION

IN order to discover some method, or some medicine, that would kill disease germs, physicians have resorted to the savage practice of vivisection. Innocent animals have been tortured and even human beings. It is safe to say that vivisection has caused far more suffering than it has prevented.

THE VERMIFORM APPENDIX

ONE of the commonest medical superstitions, accepted by a very large number of people, is that the appendix is valueless and that as a preventive of disease it ought to be cut out of the body. The main reason for the persistence of this superstition is that the removal of the appendix is one of the most profitable of surgical operations.

The appendix plays a very necessary part in the human economy in the process of stimulating the colon. It is, therefore, so far from being valueless, of great utility.

Inflammation of the bowels is an ailment which has been christened "appendicitis" and which, in time, causes a disease in that little unap-

preciated, but very useful, tube. Inflammation of the bowels, like any other of its ailments, can not only be cured without any operation but can also be permanently prevented by right living.

CONSTIPATION

FOR people who are troubled with constipation one of the best habits they can form is that of drinking from two to four glasses of warm water every morning. The water, however, must not be allowed to come to a boil. As I have already stated, boiled water is of no utility.

In cases of nervous disorder, it is very beneficial to drink two or three glasses of very hot water at night, just before retiring. This water has a remarkable effect in dissolving any impurities that may be deposited in the body through constipation or through any form of intestinal decomposition.

It is no exaggeration to state that millions of people suffer from constipation.

With a very few exceptions, I have found constipation a simple ailment to cure.

My constant study of the human organism has proven to me beyond all doubt that the popular "cures" of constipation—such, for example, as the taking of Russian oil; the eating of bran bread and bran biscuit—are as useless as the eating of sand or sawdust.

CRIME OF VACCINATION

ONE of the most infamous of medical crimes is the practice of vaccination. What greater crime could be perpetrated upon a perfectly healthy child than that of inoculating it with a disease? This filthy practice is performed with the notion that it is a preventive of smallpox.

The diseases which result from this practice are infinitely worse than smallpox itself.

Another practice, which is equally outrageous, is that of injecting a poisonous serum into a healthy body as a preventive against typhoid fever and other ailments.

And these medical outrages are being practiced upon the people for

no other reason than that they
blindly look up to their physicians
as medical popes, robed in the at-
tribute of infallibility.

MISCHIEVOUS EFFECTS OF FALSE BELIEFS

ONE of the most uncommon things in the world is common sense. Few people have the courage to be mentally independent. They find it much easier to pay other people to do their thinking for them. They appear to imagine that thinking for one's self is a bad habit and may wear out the brain. Hence we have "authorities" in medicine and in religion. The word of the practitioner and the word of the priest are accepted unquestioned with the fatal result that the mass of the people have become intellectual slaves. They have not even sufficient intelligence to see that it would be just as irrational to pay somebody else to do their

eating for them as it would be to pay someone else to do their thinking for them. In the former case the result would, of course, be physical starvation. In the latter case the effect **has** been—mental starvation. Intellectual independence is a very rare quality.

The false beliefs of the dead of centuries past, as well as the false beliefs of the “authorities” of to-day, are responsible for the majority of the physical and social evils endured by the human race. A new truth disturbs an old belief and, following the line of the least mental resistance, the old belief is clung to because it saves the trouble and inconvenience of ejecting the ancient error.

The erroneous belief, based upon the “authority” of eminent men, that witches were the agents of the devil, caused the burning alive of millions of innocent women. We

now know that witchcraft was a horribly false belief—that it was an imaginary crime — invented by superstitious priests. And yet countless myriads believed in it on no securer foundation than bare “authority.”

Not so many centuries ago it was firmly believed, also on “authority,” that the diseased were possessed by devils. In order to drive the devils out, every conceivable torture that a savage ingenuity could devise was inflicted upon the innocent victims of disease.

Now we know that all those millions of witches suffered and died as the consequence of a universal and false belief.

Many volumes have been written concerning the superstitions of the past that have impeded the onward and upward march of the human mind. Belief in a flat earth; astrology; alchemy; ghosts — no

pen will ever be able to describe, no tongue will ever be able to tell, the suffering that resulted from these erroneous beliefs — all of them accepted on “authority.”

If countless millions of our race, in centuries past, were deluded and injured by false beliefs; is it not possible that, even today, millions may still be misled by other beliefs equally false and equally dangerous?

Our blind belief in the skill and knowledge of the practitioner — has it any sounder basis than the blind belief in witchcraft of our uncivilized forefathers?

The sick believe in the various practitioners they consult. Without investigation, almost without a moment's reflection, they accept the practitioner's diagnosis of their case and swallow his every word along with the medicine. Did any

deluded devotee of any pagan creed ever more blindly accept the authoritative statement of his priest?

Of course a wise and mentally independent physician would resent, and not encourage, the credulity of his patient.

Mere belief, obviously, can never make for progress. The condition of progress is not simple belief, but *KNOWLEDGE*. Hatred and strife, tears and bloodshed, are never caused by knowledge. They are all the children of erroneous beliefs. Men do not slaughter each other over the multiplication table. The statement that three ones are three never caused the shedding of a single drop of blood. That statement is a statement of knowledge. The assertion by the priest that three ones are one—that there are three gods in one god and yet there is but one god and not three—has

caused the shedding of seas of blood. That assertion is a mere belief. It is not a matter of knowledge.

EDUCATION THE ONLY HOPE

THE only hope for human salvation lies in education—the education of the child in scientific knowledge instead of religious belief. Let us teach the children in the schools the things we know, not the things we only believe.

The secret of the persistence of poverty, ignorance and disease is to be found in the miseducation of the child. “As the twig is bent, the tree is inclined.” “The child is the father of the man.” Earliest impressions are the most lasting and the most difficult to eradicate. The great evil of our educational system is that we teach the child *WHAT* to think, rather than *HOW* to think.

If, for a single generation, the scholars in the public schools were taught that war is a ghastly crime instead of a patriot's duty; that if he who murders one is a criminal, he who murders thousands is thousands of times a greater criminal; then the demon of war would cease to haunt the brain of man and inflame his passions; and the dream of international peace and human brotherhood and sisterhood would be nearer realization than ever before in the history of humanity.

False beliefs, like weeds, take root and flourish most luxuriantly in poorly cultivated soil. The teacher in the public school should be the gardener of the child brain. If from the soil of the intellect the weeds of superstition and the stones of bigotry, placed there by the priest, were removed, then there would be a chance for the flowers

of truth and beauty and goodness to grow and shed their fragrance in the life of human kind.

What greater crime can possibly be perpetrated upon the ignorance and innocence and helplessness of childhood than the forcing upon it, before it is able to think for itself, of beliefs that ought to be flung into the limbo of exploded delusions? If the child develops any strength of mind it has to unlearn these false beliefs at the cost of much mental agony; if, as in the majority of cases, its strength of intellect has been irreparably ruined, then it will perpetrate these false theories by handing them on to generations yet unborn and thereby halt the march of man.

Healthy modes of living and sane ways of thinking will realize that magnificent vision of the future so eloquently expressed by the finest orator ever produced by this

great republic, Robert G. Ingersoll—a man the liberality of whose thoughts was equalled only by the generosity of his deeds:—

A vision of the future rises:

I see our country filled with happy homes, with firesides of content—the foremost land of all the earth.

I see a world where thrones have crumbled and where kings are dust. The aristocracy of idleness has perished from the earth.

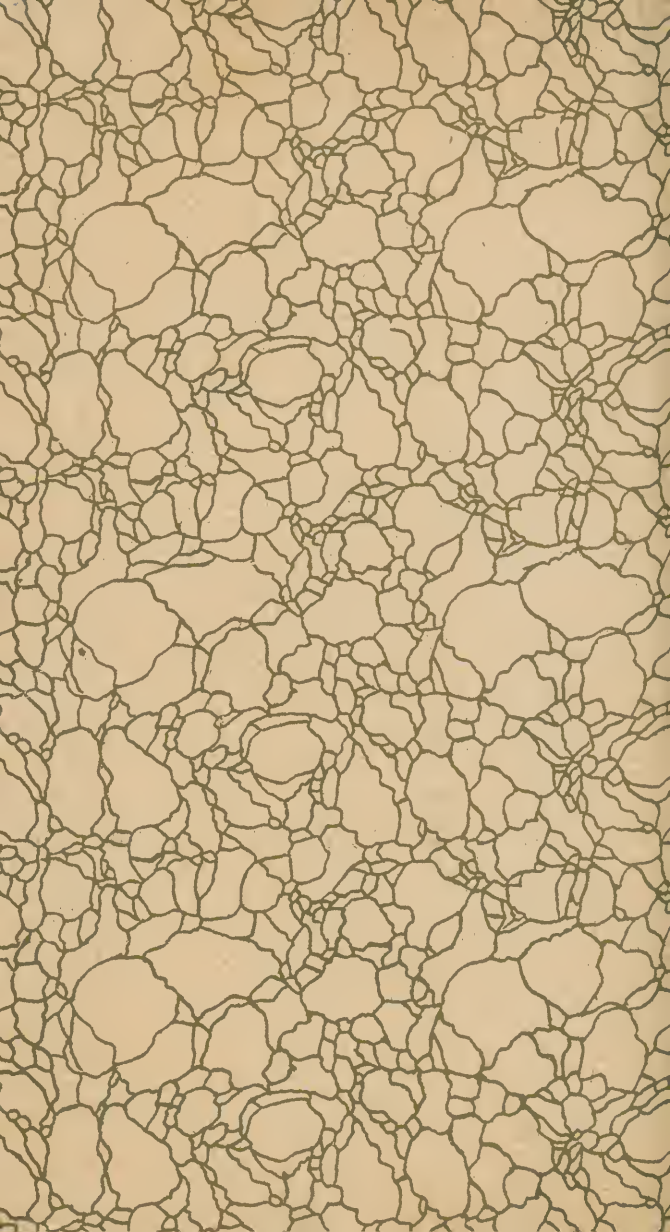
I see a world without a slave. Man at last is free. Nature's forces have by science been enslaved and lightning and light, wind and wave, frost and flame, and all the secret, subtle powers of earth and air are the tireless toilers for the human race.

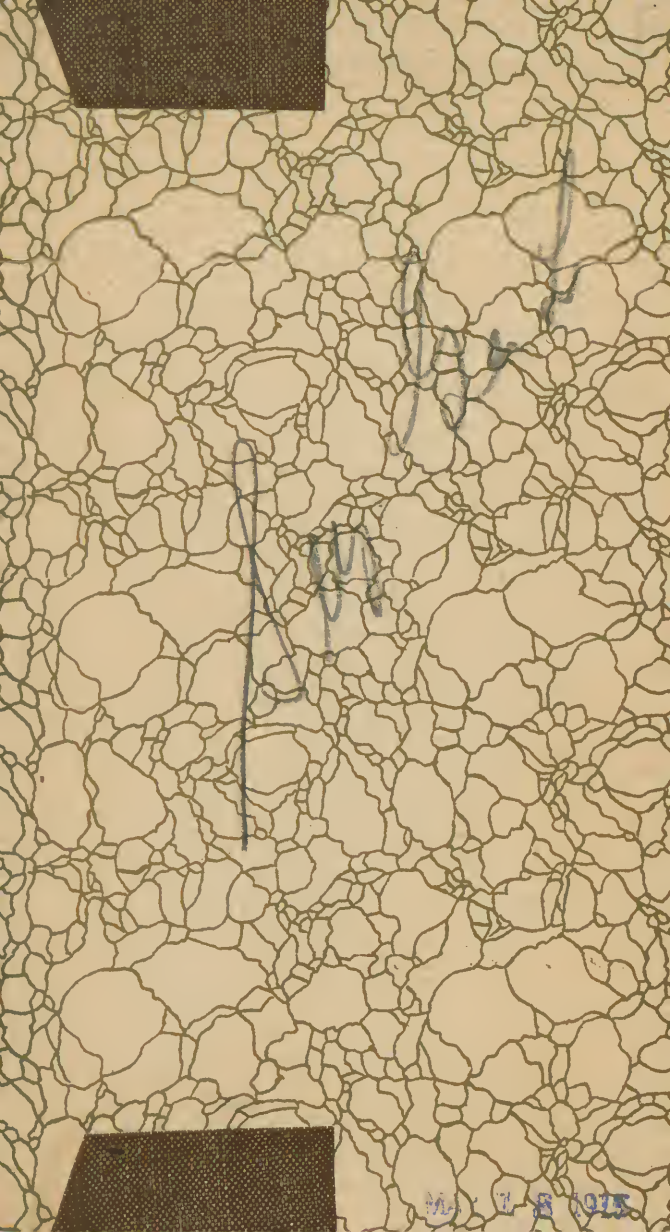
I see a world at peace, adorned with every form of art, with music's myriad voices thrilled, while lips are rich with words of love and

truth; a world in which no exile sighs, no prisoner mourns; a world on which the gibbet's shadow does not fall; a world where labor reaps its full reward, where work and worth go hand in hand, where the poor girl trying to win bread with the needle — the needle that has been called "the asp for the breast of the poor" — is not driven to the desperate choice of crime or death, of suicide or shame.

I see a world without the beggar's outstretched palm, the miser's heartless, stony stare, the piteous wail of want, the livid lips of lies, the cruel eyes of scorn.

I see a race without disease of flesh or brain — shapely and fair — the married harmony of form and function — and, as I look, life lengthens, joy deepens, love canopies the earth; and over all, in the great dome, shines the eternal star of human hope.





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